



## Are you eligible?

Men and women age 18 or older  
BMI  $\geq$  25 (overweight)

*Women who aren't pregnant, nor planning to become pregnant and/or at least 6 months post-partum*

AND 1 or more of the following:

- High blood pressure
- **Pre**-diabetes (fasting glucose between 100-125)
- High Triglycerides (above 150)
- Low HDL cholesterol (below 50 men, below 60 women)
- High LDL cholesterol (above 130)
- Had gestational diabetes or baby weighing over 9 pounds at birth
- **OR taking medication for high blood pressure, high cholesterol, or pre-diabetes**

## Are you ready to *Be Your Best*?

Follow this easy checklist to get started today!

### Step 1

Call Heather at **258-4935** to discuss eligibility & get started

### Step 2

Have your blood pressure and fasting blood sugar & cholesterol levels checked.

*City of Missoula and Missoula County employees may use "It Starts With Me" employee health screenings. Call 541-2036 for information.*



*Missoula County Public School employees: **Cost Care** provides health screenings*



### Step 3

Ask your health care provider to complete and sign the Medical Clearance Form

### Step 4

Call us at **258-4935** to schedule your initial assessment appointment with our Lifestyle Coach, Heather Sauro, MS, RD



Your health is in  
your hands!

You have the power to  
prevent Type 2 Diabetes  
and heart disease.

What will you do to  
*Be Your Best?*

*good*  
**It's Public Health.**  
Missoula City-County Health Department

## 16 Weekly Sessions

Topics include healthy eating, physical activity, stress management and motivation

Learn to make simple changes that will last a lifetime

Fun and exciting guided group exercises including walking, Zumba, yoga and resistance training.

Free passes for exercise, dance, yoga and swimming

Follow up and support 6 monthly sessions following the 16 week program, will help you keep on track



## Group and Individualized lifestyle coaching plus exercise & fitness classes!

Employees & family members covered by health insurance benefits at **Missoula County**, **City of Missoula**, and **Missoula County Public Schools** may participate in this preventive service at no cost and no co-pay!

Scholarships are available for Medicaid recipients, patients at Partnership Health Center, and WIC Participants!

Sessions are offered 4 times per year  
**Space is limited - Call today!**

**Contact Be Your Best today!**

**406-258-4935**

**[beyourbest@co.missoula.mt.us](mailto:beyourbest@co.missoula.mt.us)**

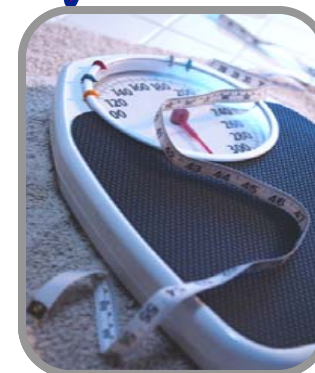
***Have more confidence***

***Feel better overall***

***Enjoy a healthy life***

**This program may be your ticket to health!**

# Be Your Best



At this time, individuals who have been diagnosed with type 2 diabetes are not eligible. This is a research-based program to **prevent** type 2 diabetes. We encourage you to ask your physician for a referral to see a registered dietitian or certified diabetes educator to help you manage your diabetes.